

The SCOOP

Charles County's Senior Center News



APRIL 2019

www.CharlesCountyMD.gov

Free Income Tax Preparation

For seniors and moderate to low-income adults This is a free service for those who meet the eligibility guidelines.

To schedule a tax preparation appointment:

- Age 60 and older who make \$100,000 or less call 301-609-5712.
- Age 18-59 who make \$50,000 or less call 301-609-5704.

Please bring to your appointment: Valid Picture Identification, Social Security Card, Prior year tax return. All 1099 and W-2 forms, 2018 property tax bill (if itemizing, bring medical, mortgage, and donation expenses documents.)

Appointments are scheduled on Mondays, Wednesday and Fridays from now until April 17, 2019 at the Richard R. Clark Senior Center.



The Southern Maryland Caregivers Conference

Friday, May 3 | 8 a.m.-2:45 p.m.

Whether you are assisting with the care of a frail spouse, parent, friend or other relative, caring for an older adult is a labor of love.

Designed for the family caregiver, this one-day event is an opportunity to enrich one's knowledge and skills in caring for older people. The \$35 conference fee includes a continental breakfast, lunch, conference materials, and service provider exhibits; plus you may attend educational sessions on elder care topics ranging from **Financial Exploitation, Diabetes Care, Alzheimer's disease, Family Dynamics and Caregiving, Safety and Caregiving at Home, Health Care Decision Making at the End of Life, Hospice and Palliative Care, Substance Abuse Issues in Older Adults, and more.**

Registration brochures available at senior centers, community centers and public libraries. Advance registration is required by April 12, 2019. There will be no on-site registration on the day of the conference. The conference is co-sponsored by the Charles County Department of Community Services, Aging and Human Services Division and the Geriatrics and Gerontology Education and Research Program at the University of Maryland Baltimore. For additional information, or to receive a registration brochure, *please contact Cindy Olmsted at 301-934-0128 or e-mail at olmstedc@charlescountymd.gov.* **Held in Calvert County at the Southern Pines Senior Center, Lusby, MD.**

Veterans Assistance

Are you a veteran, caregiver of a veteran, or family member seeking information on behalf of a veteran? The SHIP Office and VConnections, Inc. are available in the Senior I & A office at the Clark Senior Center each Thursday from 2 to 4 p.m. **Appointments are encouraged but walk-ins are welcome. Please contact 301-609-5712 to schedule an appointment.**

Renter's/Homeowner's Tax Credit

Do you know that The State of Maryland provides a tax credit for renters or homeowners who qualify based on gross household income? Many seniors meet requirements for this tax credit and are not aware that they do. Applications are now available. Contact ADRC Specialist, *Julie Hammonds to see if you qualify 301-934-6737. Julie will be visiting senior centers on the following dates:*

Indian Head Senior Center,
Friday, Apr. 5, 9 a.m. - 1 p.m.
Tuesday, Apr. 9, 9 a.m. - 1 p.m.

Waldorf Senior Center,
Wednesday, Apr. 17, 9 a.m. - 1 p.m.

Nanjemoy Senior Center,
Thursday, Apr. 25, 10 a.m. - 2 p.m.



CASH BINGO Fundraiser

**Wednesday, April 3
10 a.m. at the Waldorf Senior Center**



A fundraiser for Charles County Senior Centers, sponsored by Senior Services of Charles County, Inc. The admission is \$20 for regular games and specials, plus \$5 for optional additional packs. Early Birds and Coveralls are \$2 each. Payouts are \$25, \$50 and a \$150 jackpot. Subs, chips and sodas available for purchase.

Importance of Dental Health to Older Adults

By: Absolute Dental

It's well known that oral health is closely linked to overall health, especially when it comes to older adults. As you age, changes occur throughout your body, including in your mouth. Although oral health usually falls by the wayside in older adults, regular care of the teeth and gums can offset a host of problems linked to oral care. Here's what you need to know about oral health in older adults.

Why Oral Care is Important: Infections can be deadly. Oral infections can lead to trouble such as pneumonia, root decay, gum disease, and heart disease. Higher Risk of Disease: If you don't take care of your teeth, your blood sugar levels may go up, potentially leading to diabetes. Dry Mouth: Certain medications may cause dry mouth. Gum Disease: Is dangerous, not only because the infection may spread elsewhere in the body, but because it can make eating solids and even drinking fluids painful.

Oral Care for Seniors: Brush your teeth twice a day preferably with an electric toothbrush. Floss Daily. Clean your dentures every day with products made especially for dentures. Stop smoking and using chewing Tobacco. Go to your Dentist regularly. Your dentist can take x-rays and examine your mouth for any problems such as cavities, receding gum lines or cancer. Don't put off seeing the dentist just because you feel okay. Approximately 1 in 5 adults have cavities and don't even know. To make your smile the very best: Consider getting dentures if you have missing teeth. Although dentures have certain drawbacks, they are an excellent option for older adults with weak jaws and unhealthy gums. Dental implants are another option for missing teeth. To restore your pearly whites, porcelain veneers will replace worn away enamel and covering yellow stains. Although the elderly tends to have more oral health issues than younger people, a consistent oral care routine and regular visits to your dentist will help your teeth and gums stay strong. For dental services contact Health Partners 301-645-3556 and Bel Alton Regional Dental Center 301-539-7904.

The Sunset Memorial Fund

Honor your loved ones

Memorial donations are charitable donations made in honor of someone who has died. Some people prefer to make donations to charities instead of sending gifts or flowers. If you would like to honor someone who valued their time at a Charles County Senior Center, The Sunset Memorial is an ideal means to do so. Senior Services of Charles County, Inc. has a memorial donation program in place as the only charitable organization in Charles County that directly benefits seniors.

There is a Sunset Memorial Wall located in the library at the Richard R. Clark Senior Center. It is quite stunning and includes memorialized names.

Donations to the Sunset Memorial Fund provide additional funding to Senior Services of Charles County, Inc., a non-profit 501(c)(3) which supports Charles County Senior Centers and other seniors in the community. For information, contact Janice Hamby, 301-934-5423.

Scam Jam at Clark

When it comes to avoiding scams and identifying fraud...education and awareness are key.

That's why the Richard R. Clark Senior Center is hosting the first Scam Jam event to teach residents — primarily the older adult — how to recognize scammers and learn ways that you can protect yourself. Guest speakers from the Charles County Sheriff's Office, AARP, Maryland Insurance Administration, MD Dept. of Aging, will present up-to-date information that you won't want to miss! You will learn how to apply safe banking practices and to identify Medicare or health care scams. You will learn how to avoid identity fraud, home repair schemes and to put into place overall safety tips for you and your family. Lunch will be catered by Apple Spice Junction. Seating is limited. Pre-registration is required.

Thursday, Apr. 25 • 9:00 a.m. • Fee: \$5

Arthritis Foundation Aquatics

At St. Charles High School Pool

Monday, Mar. 4 - Wednesday, May 22
Monday/ Wednesday, 3:30 p.m., Fee: \$55
NO CLASS April 22



Aquatic Fitness

At Lackey High School Pool

Tuesday, Mar. 5 - Thursday, May 23
Tuesday/Thursday, 3:30 p.m., Fee: \$55
NO CLASS April 23



COUNCIL NEWS SPONSORED/HOSTED ACTIVITIES & EVENTS

Clark Senior Center

St. Patrick's Day Party Entertainment

Indian Head Senior Center

Quarter Auction, Rocky Gap

Waldorf Senior Center

Movie Monday, Wall's Bakery Mini Eclairs
Line Dance Party w/DR Soul

CLARK SENIOR CENTER

1210 Charles St • La Plata, MD 20646 • 301-934-5423 or 301-870-2015

Get your Latest SCOOP online!
Visit www.CharlesCountyMD.gov/CS

Special Events & Daily Activities

Widow to Widow Support Group

Focusing on women's grief with Fran Bryner.

Monday, Apr. 1, 1 p.m. Fee: FREE

Book Club: The Alchemist, by Paulo Coelho.

Thursday, Apr. 4, 1 p.m. Fee: FREE

Socialization Prescription

No need to be alone. Please, come for conversation and light refreshments.

Monday, Apr. 8, 1 p.m. Fee: FREE

Newcomers Coffee

Learn all about what the Clark Center has to offer. Ask questions and give suggestions.

Wednesday, Apr. 17, 10 a.m. Fee: FREE

Scam Jam

Education and awareness is key when it comes to avoiding scams and identifying fraud. Details on page 10.

Thursday, Apr. 25, 9 a.m.-1 p.m. Fee: \$5

Easter "Hoppenings"

Bunny Bingo

Cuddle with some cute bunny rabbits and play a little bingo with the CC Humane Society.

Tuesday Apr. 16, 11 a.m.
Fee: FREE



Easter Craft

Learn how to make beautiful, large paper flower decorations. Must register.

Wednesday Apr. 17, 11 a.m. Fee: FREE

Deviled Egg Bar

Spice up the classic deviled egg with different toppings. Must register.

Thursday Apr. 18, 11 a.m. Fee: FREE

Special Presentations

Cell Phone Help

Need smart phone help? We can help.

Tuesday, Apr. 2, 11 a.m. Fee: FREE

Lunch & Learn: Elder Financial Abuse

Maryland Partners Bank explains how to avoid telemarketing, phone, internet, sweepstakes, and lottery scams, plus investment schemes followed by lunch. Registration required.

Tuesday, Apr. 9, 11 a.m. – Noon Fee: FREE

Annuities & Final Expenses

Are your personal affairs in order? Join Transamerica for helpful information.

Thursday, Apr. 11, 11 a.m. Fee: FREE

Make Health your Hobby

Prevent illness and disease, and how to repair existing damage. Our bodies make their own medicine and we can improve health with the "pills and skills" approach. Taught by Certified Health Coach Anne Overall.

Registration Required

Tuesday, Apr. 23, 10:30 a.m. Fee: \$10

Thrift & Consignment Shops:

The Good, Bad, and the Ugly

Curious about the terms thrift store, resale boutique and consignment shop but not sure what the difference is? Personal stylist Robbie Loker will clear up confusion and give you hints on how to find good deals and absolute steals!

Tuesday, Apr. 30, 11 a.m. Fee: FREE

Classes

Spanish Class-Drop In

Mondays, 10 a.m. Fee: FREE

Sewing Room Orientation

Sewing room orientation will help newcomers learn about each sewing machine, ensure that equipment is used properly and where to find sewing materials. Must sign up.

Mondays, April 1 & 15, 10 a.m.- 11 a.m.
Fee: FREE

Group Piano Lessons

All levels. Please call Michelle Mauck, 570-447-3185 for required registration.

Tuesdays, 9 a.m.-Noon Fee: \$35/6weeks

Scrapbooking & Card Making

Wednesday, Apr. 3 & 24, 10 a.m.-Noon
Fee: FREE

Jewelry Club Class

New facilitators: Martha Williams & Regina Larrabee.

Wednesday, Apr. 3 & 17, 10 a.m. Fee: FREE



Services

Legal Aid by Appointment

Call 301-609-5712.

1st Monday, 10 a.m.-Noon Fee: FREE

Reflexology

Registration Required.

Friday, Apr. 12, 9 a.m. Fee: \$15/30 minutes
Wednesday, Apr. 24, 9 a.m.
Fee: \$15/30 minutes

Massage Therapy

Registration Required.

Wednesdays, Apr. 3, 10, & 17, 9 a.m.
Fee: \$25-\$55

Reiki Therapy Sessions

Reiki is energy work that addresses spiritual, physical, and emotional well-being. Registration Required. Facilitator: Patricia McReynolds

Thursday, Apr. 18, 10-11:30 a.m. & 1-3:30 p.m.
Fee: \$15/30 Minutes

Brother Jay's Mobile Car Detailing

Exterior & interior cleaning. Registration Required.

Friday, Apr. 12, 9 a.m.-3 p.m. Fee: \$30/vehicle

Fitness

Weekly Workout w/ Brittany

Tuesdays, 5 p.m. Fee: Fitness Card

Fitness Orientation

Mandatory before first use of fitness room. Registration required.

Tuesday, Apr. 2, 2:30 p.m. Fee: \$2
Wednesdays, Apr. 10 & 24, 1 p.m. Fee: \$2

NEW Video Power Walking w/Larena

High energy walk program will have your steps in fast! All fitness levels welcome. Work at your own pace or get the whole 3 miles in!
Wednesdays, 1:30 p.m. Fee: FREE

Funtensity w/Robynn

Train the body & brain with this non-traditional workout that incorporates brain science with exercise to transform your life.

Thursdays, 2 p.m. Fee: Fitness Card

Dance & Fitness

A complete aerobic workout for people who love music and movement includes aerobic workout routines, weights, abdominal work, and cool down stretch. Instructor: Jinjer Azuree.

Wednesdays, Noon
Fee: \$4 drop-in/\$30 for 10 classes.

CLARK SENIOR CENTER

1210 Charles St • La Plata, MD 20646 • 301-934-5423 or 301-870-2015

Hours: 9 a.m.–4 p.m., Monday–Friday

Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.
Calendar items marked by an * require reservation/appointment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards Drop-In 9:00 Sewing Drop-In 9:00 Duplicate Bridge 10:00 Spanish Drop-In 10:00 2N1 Club 10:15 Pinochle 1:00 Fitness Pilates 9:00 Total Body Conditioning 10:00 Drums Alive 11:00 Beginner Tai Chi 12:30 Circuit Training 2:30	Billiards Drop-In 9:00 Sewing Drop-In 9:00 Piano Lessons 9:00 Guitar Jam 10:00 Fine Arts 10:00 Chess Club 10:30 Spiritual Enrichment 11:00 SoMD Woodcarvers 1:00 Fitness Flex & Stretch 8:30 Yoga 9:30 AFEP 10:30 Fitness w/ Dee 11:00 Zumba Noon Line Dance 1:00 Weekly Workout 5:00	Mah Jong 9:00 Billiards Drop-In 9:00 Jazzy Quilters 9:00 Knit & Crochet 9:00 Bridge 11:00 Canasta/Pinochle 12:30 Spades 1:00 Powder Puff Billiards 1:00 RRCSC Gospel Singers 2:00 Fitness Strength Training 9:15 Breathe Easy 10:20 Exercise Express 11:00 Dance & Fitness Noon Video Power Walking 1:30	Quilting Drop-In 9:00 Billiards Drop-In 9:00 Stained Glass 10:00 Reflections 1:00 Fitness Flex & Stretch 8:30 Tai Chi 9:30 AFEP 10:30 Fitness w/Dee 11:00 Zumba Noon Drums Alive 1:00 Funtensity 2:00	Project Linus 9:00 Billiards Drop-In 9:00 Guitar Jam 10:00 Oil Painting/Acrylics 10:00 Canasta/Pinochle Noon Fitness Strength Training 9:15 Gentle Yoga 10:30 Tai Chi 11:45 Reconditioning Wellness 2:00
1 Tax Assistance 9:00 Legal Aid by Appt 10:00 Creative Coloring 11:30 Widow to Widow Support Group 1:00 Sewing Room 10:00-11:00	2 Fitness Orientation 2:30 Cell Phone Help 11:00	3 Tax Assistance 9:00 Massage Therapy 9:00 Jewelry Club Class 10:00 Scrapbooking/Cards 10:00 Watch Repair 10:00	4 Book Club: The Alchemist 1:00	5 Tax Assistance 9:00 Hand & Foot Canasta 10:00 Guided Meditation 11:30 Hand Bells Rehearsal 11:30
8 Tax Assistance 9:00 Creative Coloring 11:30 Socialization Prescription... 1:00	9 Genealogy 10:00 Lunch & Learn: Elder Financial Abuse ... 11:00	10 Tax Assistance 9:00 Massage Therapy 9:00 Computer Help 11:00 Fitness Orientation 1:00	11 Acey Duecey 10:30 Annuities & Final Expenses 11:00	12 Tax Assistance 9:00 Reflexology 9:00 Mobile Car Detailing 9:00 Hand Bells Rehearsal 11:30
15 Tax Assistance 9:00 Sewing Room Orientation 10:00-11:00	16 Bunny Bingo 11:00	17 Tax Assistance 9:00 Massage Therapy 9:00 Jewelry Club Class 10:00 Newcomers Coffee 10:00 Watch Repair 10:00 Easter Craft 11:00	18 Reiki 10:00 Devised Egg Bar 11:00 Birthday Celebration 12:30 Reiki 1:00	19 All Centers Closed for Good Friday
22 Creative Coloring 11:30 Sisters at Heart Breast Cancer Support Group 11:30	23 Make Health Your Hobby.. 10:30	24 Reflexology 9:00 Scrapbooking/Cards 10:00 Computer Help 11:00 Fitness Orientation 1:00 Caregivers Support 2:00	25 Scam Jam 9:00-1:00	26 Hand & Foot Canasta 10:00 Hand Bells Rehearsal 11:30
29 Creative Coloring 11:30	30 Thrift & Consignment Shops: Good, Bad the Ugly. 11:00	<i>The month of April</i>		

INDIAN HEAD SENIOR CENTER

100 Cornwallis Square (Village Green) • Indian Head, MD • 301-743-2125

Get your Latest SCOOP online!
Visit www.CharlesCountyMD.gov/CS

Share Your Love Year (SYL)

During 2019 Indian Head Senior Center will celebrate what we love about our lives and sharing it throughout the year. Whether you love a vacation destination, TV program, song, talent, food, etc. Let staff help you share what makes you smile.

Love Our Daily Activities

Watch Repairs (SYL)

We are fortunate to have a senior, Vern Smith sharing his love of fixing things. Vern will replace batteries and/or fix your watch(es).

Monday, Apr. 1 & 15, 9:30 a.m.

Fee: Cost of Service

Aging Resources Outreach

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds for help with senior options in Charles County. *Tax credit appointments are available as well.* Please call 301-934-6737 for an appointment.

Friday, Apr. 5, 9 a.m. - 1 p.m.

Fee: Free

Tax Credit Outreach

Many seniors meet requirements for this tax credit and are not aware that they do. Applications are now available. Contact ADRC Specialist, Julie Hammonds to see if you qualify 301-934-6737.

Tuesday, Apr. 9, 9 a.m.

Fee: FREE

Car Detailing (SYL)

Brother Jay's Mobile Car Detailing works from the parking lot to help you love your car. Sign-up required.

Monday, Apr. 8, 9:30 a.m.

Fee: \$30/vehicle

Quarter Auction

Bring enough quarters (and bills) to bid on new or slightly used items. All bids start at a quarter. Join the fun and walk away with a treasure. Indian Head Senior Council fundraiser.

Wednesday, Apr. 10, 10:30 a.m.

Fee: Your Bid

Love to Think Pink

The 14th Annual Breast Cancer Awareness Fitness Walk will be held on Saturday, Oct. 12.. That's only six months away. Be part of the planning stages and help us come up with new ideas. All are welcome. Wear Pink.

Friday, Apr. 12, 10:30 a.m.

Fee: FREE

Earth Day

Let's get the center garden started and/or the yard free of debris. We will have gloves, bags, plants and seeds, but feel free to bring your own.

Monday, Apr. 22, 10 a.m.

Fee: FREE

Literary Club: Britt Marie was Here by Frederik Backman

A disorganized cutlery drawer is a sin to Britt Marie. Her rules alienate people to the point they overlook her big dreams and warm heart. The most important part is seeing how Britt Marie helps a dying community. "It takes a village"

Wednesday, Apr. 24, 11 a.m.

Fee: FREE

Love Our Classes

Jewelry Club

Tuesdays 9:30 a.m.

Fee: Your Project

Piano Lessons (note new day & time)

Sponsored in part by Charles County Arts Alliance, Inc.

Wednesdays, 9 a.m.

Fee: \$25 for 8 weeks

Hooked on Yarn

Join this crafty group as they challenge each other to complete their crocheted and knitted projects. They welcome beginners.

Wednesdays, 9:30 a.m.

Fee: Your Project

Acey Deucey

Join seniors to learn this strategic game.

Thursday, Apr. 4, 10:30 a.m.

Fee: FREE

Canvas Painting - Plus

Love to paint, color or draw on canvas and paper? Seniors helping seniors learn how to express themselves.

Thursdays, 10 a.m.

Fee: Your Project

Line Dancing

Thursdays, 1 p.m.

Fee: Fitness Card

Ceramics

Fridays, 9:30 a.m.

Fee: \$1

Beginner Cross Stitch (SYL)

Regina Larrabee will share her love of cross stitching. Bring your own project or select one of ours.

Thursday, Apr. 18, 9:30 a.m.

Fee: FREE

Tech Time

Can't find an App on your phone? Not sure how to navigate the internet or FB? Sign up for help.

Friday, Apr. 26, 1 p.m.

Fee: FREE

Love Your Body

Bereavement Support

Mondays, 12:45 p.m.

Fee: FREE

Fitness Training

Mondays & Wednesdays, 9:15 a.m.

Fee: Fitness Card

Chair Pilates

Tuesdays & Thursdays, 9:15 a.m.

Fee: Fitness Card

AFEP

(Arthritis Foundation Exercise Program)

Seated exercised design to help with your range of motion.

Tuesdays & Thursdays, 10:30 a.m.

Fee: FREE

TOPS

Tuesday, Noon

Fee: \$32/year

Crying for Onions

Learn the health benefits of onions that will leave you crying.

Thursday, Apr. 4, 11:15 a.m.

Fee: FREE

Visit the Nurse

Thursday Apr. 4, 9:30 a.m.

Fee: FREE

Monday, Apr. 29, 9:30 a.m.

Fee: FREE

Seated Massage

Friday, Apr. 12, 9 a.m.- 1 p.m. Fee: 50¢/minute

Love to Be Stress-free w/Debi

Join Debi Shanks, Fitness Coordinator and learn techniques that will help to reduce stress. In recognition of Stress Awareness Month.

Monday, Apr. 8, 12:45 p.m.

Fee: FREE

Spring Time at Rocky Gap Casino & Resort Trip

Bus leaves the center at 10 a.m. and returns at 5:30 p.m. Must have a **VALID** government issued ID. Cost of trip includes 4-hour stay at Rocky Gap Casino and Resort, \$20 free slot play, water and snacks on the bus. Lunch is on your own.

Tuesday, Apr. 30, 10 a.m.

Fee: \$40



INDIAN HEAD SENIOR CENTER

100 Cornwallis Square (Village Green) • Indian Head, MD • 301-743-2125

Hours: 9 a.m.–3 p.m., Monday–Friday

Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

Love Your Health: Heredity Pharmacogenomics Screening through Genex:

Early diagnosis can make a difference for you and your family. Learn how the medicine you are taking reacts with your genes. Genex is a one-stop shop for all genetic pharmacogenomics (prescription) screening. It offers a comprehensive report on a person's genetic markers. Genex health is an opportunity for the candidate's doctor to provide personalized medicine through patient genetic profiling to help ensure the right medication and medical approaches are specific to an individual's genetic makeup.

Thursday, Apr. 11, 11:15 a.m.

Fee: FREE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room.....8:30 Billiards/Cards.....9:00 Fitness Training w/Lamont.....9:15 Bingo.....9:30 Tai Chi.....10:30 Bereavement Support.....12:45	Fitness Room.....8:30 Billiards/Cards.....9:00 Chair Pilates.....9:15 Jewelry Club.....9:30 AFEP.....10:30 TOPS.....Noon	Fitness Room.....8:30 Billiards/Cards.....9:00 Piano Lessons.....9:00 Fitness w/Nate.....9:15 Hooked on Yarn.....9:30 Quilt 'N Chicks.....10:00 Tai Chi.....10:30 Walk w/Us Wednesdays.....1:00	Fitness Room.....8:30 Billiards/Cards.....9:00 Chair Pilates.....9:15 Canvas Painting—Plus.....10:00 AFEP.....10:30 Line Dancing.....1:00	Fitness Room.....8:30 Billiards/Cards.....9:00 Seated Yoga.....9:00 Ceramics.....9:30 Books of the Bible.....1:00
1 Watch Repairs.....9:30	2 Council Meeting.....9:30 Share Your Love of Faith: Pastor Chris & Friends.....1:00 NO Jewelry Class today	3 Senior Services of Charles County, Inc. Cash Bingo at Waldorf Senior Center.....10:00 Love Games.....10:00	4 Love Your Health: Visit the Nurse.....9:30 Acey Ducey.....10:30 Crying for Onions.....11:15	5 Aging Resources/Tax Credit Outreach.....9:00
8 Love Your Car: Car Detailing.....9:30 Love to be Stress-free w/Debi.....12:45	9 Love to Save Money – Tax Credit Outreach.....9:00	10 Love the Council: Quarter Auction.....10:30	11 Love my Health: Genetic Testing.....11:15	12 Seated Massage.....9:00 Love to Think Pink.....10:30 No A.M. Billiards/Pool today
15 Watch Repairs.....9:30 Movie Monday.....11:45	16 Humane Society Bingo.....11:00	17 Poetry Corner.....10:30 Wisdom Wednesday.....1:15	18 Love to Stitch: Learn how to Cross Stitch.....9:30	19 All Centers Closed for Good Friday
22 Love Mother Earth Earth Day.....10:00	23 Love to Win: Dominoes.....11:15	24 Literary Club: Britt Marie was Here.....11:00	25 Scam Jam at the Richard R. Clark Center.....9:30	26 Fitness Friday.....10:30 Tech Time.....1:00
29 Love Your Health: Visit the Nurse.....9:30	30 TRIP: Rocky Gap Casino & Resort.....10:00	<i>The month of April</i>		

WALDORF SENIOR CENTER

3092 Crain Hwy (Jaycees Bldg) • Waldorf, MD 20601 • 301-638-4420

Get your Latest SCOOP online!
Visit www.CharlesCountyMD.gov/CS

Special Events & Daily Activities

Movie Monday: Ocean's 8

Debbie Ocean, a criminal mastermind, gathers a crew of seven other female thieves to pull off the heist of the century at New York's Met Gala. Please remember to order your lunch in advance.

Monday, Apr. 1, 11:15 a.m. Fee: FREE

Sell Your Own Stuff Sale

Rent a table to sell your own stuff. Must be a registered senior. No Vendors allowed. 10% of your sales must be contributed to the Waldorf Senior Center Council. Preregister for an assigned table.

Thursday, Apr. 4, 9 a.m. – Noon

Good Stuff Thrift – Senior Shop Day

Good Stuff Thrift Store located at 3070 Crain Hwy in Waldorf, will be opening for a special senior center shop day! All shoppers will receive a 10% off coupon on that day. Meet directly at the store or arrive at the Waldorf Senior Center by 9:55am to walk over with the group.

Tuesday, Apr. 9, 10-11:30 a.m.

Book Club:

The Stars are Fire by Anita Shreve

Led by Charley Hobbs of Charles County Library, P.D Brown. Stop by the senior center to pick up your copy!

Wednesday, Apr. 17, 1 p.m. Fee FREE

AARP Driver Safety Course

Preregistration is required.

Tuesday, Apr. 23, 10 a.m.-2:30 p.m. Fee: Check or Money Order only. Payable to AARP/ \$15 members, \$20 non-members

Wall's Bakery Mini Eclairs

Who can resist a sweet morning treat? Complimentary breakfast beverages will be provided by the Waldorf Senior Center Council. Last day to order will be Monday, Apr. 15 at Noon.

Thursdays, Apr. 18, 10 a.m. Fee: \$1.50/each

Special Presentations

Lunch & Learn: Too Much Sitting

Boost your health by taking short activity breaks all day long. We'll give you tips on how to stop sitting and start moving.

Wednesday, Apr. 10, 12:15 p.m. Fee: Free

Know Your Kidneys

Did you know that according to the National Kidney Foundation 1 in 3 American adults is at risk for kidney disease? Dr. Katyal and Dr. Kadiyala will be presenting an interactive discussion about kidney prevention and signs of the disease.

Tuesday, Apr. 16, 11 a.m. Fee: FREE

The Incredible Edible Egg

Eggs have an amazing amount of health benefits including their ability to balance nutrient levels in our bodies. Join us for a brief lunch time discussion, including food samples, led by Elizabeth Brown, the 1976 Pennsylvania Poultry Queen.

Monday, Apr. 29, Noon Fee: FREE

Classes

Open Studio Drop-In

Pat Arnold assists with any media.

Tuesday, Apr. 2 & 16, 11:30 a.m. Fee: \$5/class

On-going Watercolors

Material list provided. Instructor: Pat Arnold.

Thursdays, 10 a.m. Fee: \$30/6-week class

Flower Pot Decoupage

We'll be decorating pots and planting flowers in celebration of Earth Day. Big thanks to Wintergreen Nursery for donating the flowers for this project! Please register in office.

Tuesday, Apr. 23, 11 a.m. Fee: \$3

Services

Computer Help

Schedule an appointment for basic training. Most helpful if you bring your own laptop. Instructor Russ Russell.

Wednesdays, Apr. 3 & 17, 11 a.m. Fee: Free

Tax Credit Outreach

Many seniors meet requirements for this tax credit and are not aware that they do. Applications are now available. Contact ADRC Specialist, Julie Hammonds to see if you qualify 301-934-6737.

Wednesday, Apr. 17, 9 a.m. – 1 p.m. Fee: Free

Reflexology by Crystal Jackson

Reflexology involves application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion. Sign up in office.

Monday, Apr. 22 9 a.m.- 2:30 p.m.
Fee: \$15/30 min

Massage Chair

Take a load off and enjoy 5 minutes in the massage chair! Sign up for a time slot. (This is not with a massage therapist.)

Tuesday, Apr. 30, 10 a.m.-Noon Fee: FREE

Fitness

Guided Meditation with Debi

One time only!

Monday, Apr. 1, 10:15 a.m. Fee: Fitness Card

Zumba Gold w/ Nay

Mondays, 9 a.m. Fee: \$4

Chair Yoga w/ Cindy

Mondays, 2 p.m. Fee: Fitness Card

Total Body Conditioning w/ Sabrina

Tuesdays & Thursdays, 9 a.m.
Fee: Fitness Card

Line Dancing

Tuesdays, 10:15 a.m. Fee: Fitness Card

Arthritis Foundation Exercise Program (AFEP)

Wednesdays & Thursdays 10:10 a.m. Fee: FREE

Yoga w/ Cindy

Tuesdays & Wednesdays 2 p.m.
Fee: Fitness Card

Flex & Stretch w/ Cindy

Wednesdays, 9 a.m. Fee: Fitness Card

Hand Dance Classes * NEW

Join us to learn and practice a smooth style of swing dance, popular in DC region since the 1950s. Basic and Intermediate level lessons will be provided by Merv Roussell, a DC Hand Dance certified instructor.

Thursdays, 2-3 p.m. Fee: \$5/class

WALDORF BINGO: How It Works

Each day bingo players must purchase their bingo cards from the Waldorf Senior Center. Cards can only be used on the day they are purchased. Each day, there are twenty-five games to play and the winnings are determined by the number of players who have made a purchase.

Bingo card sales run from 9:30am-10:15am.

Bingo cards will not be sold after 10:15am.

Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m.

WALDORF SENIOR CENTER

3092 Crain Hwy (Jaycees Bldg) • Waldorf, MD 20601 • 301-638-4420

Hours: 9 a.m.–3 p.m., Monday–Thursday

Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

line dance party with dr soul

Join the line dance party led by DR Soul Line Dancers! No line dance experience necessary. DR Soul will be here to dance for us, with us and to teach us new moves. Party-goers are encouraged to stick around for a tasty boxed lunch. Box lunch will include deli sandwich, chips, fruit and milk. Sponsored by the Charles County Arts Alliance, Inc.

Tuesday, Apr. 30 from 10:30-Noon.

**Fee: \$2 Line Dance Party Only,
\$5 Line Dancing + Box Lunch**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Zumba Gold..... 9:00 Double Deck Pinochle..... 11:00 Chair Yoga..... 2:00	Total Body Conditioning..... 9:00 Line Dancing..... 10:15 Card Games..... 10:30 Yoga..... 2:00	Flex & Stretch..... 9:00 Bridge..... 9:45 AFEP..... 10:10 Card Games..... 10:30 Yoga..... 2:00	Total Body Conditioning..... 9:00 Watercolors..... 10:00 AFEP..... 10:10 Card Games..... 10:30 Double Deck Pinochle..... 11:00
1 Guided Meditation w/ Debi..... 10:15 Movie Monday: Ocean's 8..... 11:15	2 Open Art..... 11:30 Inspirations w/ Janice..... 12:30	3 Senior Services OF Charles County, Inc. CASH Bingo .. 10:00 Computer Help..... 11:00 *All fitness classes cancelled	4 Sell Your Own Stuff..... 9:00 Bingo..... 10:30 Hand Dancing..... 2:00
8 Bingo..... 10:30 Chair Yoga Cancelled Today	9 Senior Thrift Shop Day..... 10:00 Inspirations w/ Jesse..... 12:30	10 Bingo..... 10:30 Lunch & Learn: Too Much Sitting.. 12:15	11 Bingo..... 10:30 Hand Dancing..... 2:00
15 WSC Council Meeting..... 9:30 Bingo..... 10:30	16 Know Your Kidneys..... 11:00 Open Art..... 11:30 Inspirations w/ Janice..... 12:30	17 Tax Credit Outreach..... 9:00 Bingo..... 10:30 Computer Help..... 11:00 Book Club..... 1:00	18 Bingo..... 10:30 Hand Dancing..... 2:00 Wall's Bakery Mini Eclairs..... 10:00
22 Reflexology..... 9:00 Bingo..... 10:30	23 AARP Drivers Safety Course..... 10:00 Flower Pot Craft..... 11:00 Inspirations w/ Janice..... 12:30	24 Bingo..... 10:30	25 Bingo..... 10:30 Hand Dancing..... 2:00
29 Bingo..... 10:30 The Incredible Edible Egg..... Noon	30 Massage Chair..... 10:00 Line Dance Party..... 10:30-Noon Inspirations w/ Janice..... 12:30		

Summertime Trips with Clark

For details please call the Clark Senior Center, 301-934-5423

MD Live! Casino | Thursday, June 13

Includes \$15 slot play. Departs at 9 a.m. from the Clark Center. Activity Level: Must be independent and able to walk long distances or stand for long periods of time. *Registration deadline: Thursday, May 23. Trip Fee: \$30.*

Washington National vs. White Sox

Wednesday, June 5. Game starts at 1:05 p.m. More details to follow.

National Harbor, Oxon Hill| Thursday, July 11

Be prepared to walk. Departs at 9:30 a.m. from the Clark Center. This is a shopping, sight-seeing, walking trip. School bus transportation will drop you off at your choice of locations within the National Harbor, including the Tanger Outlets. After that, you must use the public circulator bus to get around the national harbor, meeting at a designated pickup place to return to the Clark Senior Center. You must be 100% independent. *Registration deadline: Wednesday, July 3. Trip Fee: \$10.*

Area Council on Aging

Calling all Charles County residents – the Council on Aging is looking for new members. Members are both senior citizens and citizens at large of any age.

Members on the Council are appointed by the County Commissioners to four-year terms. The Area Council on Aging (ACA) is a Commissioner appointed board tasked with promoting the welfare and betterment of Charles County senior citizens. The council works actively and cooperatively developing an awareness of problems and concerns facing older adults. As a group, their primary goal is to secure community support that will benefit the older adult population.

There are several vacancies on the Board. For additional information or if you are interested, please contact Carol DeSoto at 301-645-0691 or you can access an online application at

<http://www.charlescounty.org/apps/citizenadvisory/public/enterApplication.jsp>.

Plus, the ACA wants to hear from you...

The Council is making its way around to the senior centers. You are invited to attend one of the meetings below to become familiar with the ACA. In February and March, the ACA met with folks from Clark and Indian Head Senior Centers, respectively.

The meetings begin at 9:30 a.m., open discussion time at 10 a.m.

- Nanjemoy Community/Senior Center: Thursday, Apr. 11
- Waldorf Senior Center: Thursday, May 9

Bureau of Engraving and Printing

For details please call any center.

Washington, DC | Monday, June 17

The Bureau of Engraving and Printing's Washington DC Tour and Visitor Center is a great place to learn about U.S. paper currency. See millions of dollars being printed as you walk along the gallery overlooking the production floor! The free 40-minute experience includes an introductory film and gallery tour of the production process. The visitor center includes exhibits and currency products for sale. After the tour, the bus will drop us off at the District Wharf for lunch on-your-own at a trendy restaurant.

The trip fee is \$10, and the payment deadline is Friday, June 10. You may register at any senior center. Fee includes school bus transportation and driver tip. Departure from Clark Senior Center at 9 a.m. and from the Waldorf Senior Center at 9:30 a.m. Plan to leave DC by 3:30 p.m.

Comedy Central

Oh boy! What are we in for? A fun and silly good time! Performed by the talented Charles County Senior Show Troupe.

- Monday, Apr. 15, 10:30 a.m. at **Genesis La Plata**
- Wednesday, Apr. 17, 11 a.m. at **Fenwick Landing**
- Monday, Apr. 22, 10:30 a.m. at **Charlotte Hall Veterans Home**
- Wednesday, Apr. 24, 10:30 a.m. at **Nanjemoy Community Center**
- Monday, Apr. 29, 10:30 a.m. at **Sagepoint, Main Campus**
- Wednesday, May 1, 10:30 a.m. at **Lusby Senior Center**
- Monday, May 6, 10:15 a.m. at **Waldorf Senior Center**
- Wednesday, May 8, 10:30 a.m. at **Northern Senior Center**
- Wednesday, May 8, Noon at **Meals on Wheels Luncheon, Dancers Only**
- Wednesday, May 29, 10:30 a.m. at **Clark Senior Center, Center Stars**

Summertime Trip with Waldorf

For details please call the Waldorf Senior Center, 301-638-4420.

Broadway's Aladdin at The Kennedy Center, Washington, DC Wednesday, August 14

Discover a whole new world. School bus transportation departs at 11:30 a.m. from Waldorf Senior Center. Get wowed by Disney's Aladdin, the hit Broadway musical! A thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite! Plan to leave the Kennedy Center around 4:30 p.m. *Registration deadline: July 1. Trip Fee: \$65.*

SENIOR CENTER MENU

Lunch Cancellation Policy

If you have a lunch reservation and cannot dine at the Center, please call the Senior Center PRIOR to the reservation day to cancel your meal. If the meal is not cancelled, the County must still pay for the meal.

1% milk is offered with all meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Ginger Lime Chicken Mashed Sweet Potato Broccoli Garlic Bread Apricots Apple Juice	2 Chicken Cacciatore Cheesy Mashed Potatoes Fiesta Bean Salad Whole Wheat Bread (2) Applesauce Pineapple Juice	3 Tilapia Lemon Parsley Rice Green Beans Carrot Raisin Salad Peaches Orange Cranberry Juice	4 Whole Wheat Spaghetti & Meatballs Mozzarella California Blend Vegetables Breadstick Mandarin Oranges Grape Juice	5 Vegetarian Chili Sweet Peas Spinach Salad Whole Wheat Roll Cantaloupe Orange Juice
8 Chicken Salad on Lettuce Broccoli Salad Whole Wheat Bread (2) Pears Orange Juice Soup of the Day	9 Quiche Hash Browns Turkey Sausage Muffin Banana Apple Juice	10 Oven Fried Chicken Mashed Potatoes Broccoli Cornbread Orange Slices Pineapple Juice	11 BBQ Pulled Pork on a Whole Wheat Bun Roasted Butternut Squash Pineapple Bean Salad Grapes Grape Juice	12 Vegetable Lasagna Roasted Tomatoes Quinoa Salad Whole Wheat Roll Raisins Orange Cranberry Juice
15 Unstuffed Cabbage Sweet Potato Orzo Medley Whole Wheat Roll Pineapple Chunks California Blend Veggies Apple Juice	16 Macaroni and Cheese (1 cup) Malibu Blend Vegetables Mixed Fruit Cup Orange Juice Soup of the Day	17 Chicken Noodle Soup Peas and Carrots Whole Wheat Roll Cantaloupe Cranberry Apple Juice	18 Tortilla Crusted Tilapia Brown Rice Spinach Salad 5 Veggie Blend Raisins Grape Juice	19 Good Friday Holiday No Meal Service
22 Easter Monday No Meal Service 	23 Spring Break No Meal Service 	24 Meat Lasagna Green Beans Garden Salad/Dressing Whole Wheat Roll Grapes Pineapple Juice	25 BIRTHDAY CELEBRATION Swedish Meatballs Egg Noodles Sautéed Spinach w/ Garlic Whole Wheat Bread (2) Mixed Fruit Cup Orange Cranberry Juice Birthday Cake	26 Grilled Pork Chop w/Gravy Couscous & Quinoa Roasted Butternut Squash Collard Greens Fruited Jell-O Grape Juice
29 Teriyaki chicken Fluffy rice Stir-fry Vegetables Whole Wheat Roll Mandarin Oranges Apple Juice	30 Salisbury Steak w/Gravy Mashed Potatoes Squash Whole Wheat Bread (2) Banana Orange Juice	<i>The month of April</i>		
Charles County Luncheon Program Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.75 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.75. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary. Clark Senior Center Tuesday–Friday Indian Head Senior Center Monday–Friday				Available at Noon • Days Vary By Center Nanjemoy Senior Center Monday–Thursday Waldorf Senior Center Monday–Thursday For those days where potatoes, corn, beans, and/or peas are used for the starch component of the meal, an additional starch such as bread, crackers, or muffins will be available for those participating in the CACFP program.

The SCOOP

The information contained in this monthly publication has been brought to you as a public service by the Charles County Department of Community Services. For more information about news for Charles County senior citizens, please contact the Richard R. Clark Senior Center at 301-934-5423.



www.CharlesCountyMD.gov



Department of Community Services

8190 Port Tobacco Road, Port Tobacco, MD
301-934-9305 • MD Relay: 711 (Relay TDD: 1-800-735-2258)

About Charles County Government

The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace. Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

It is the policy of Charles County to provide equal employment opportunity to all persons regardless of race, color, sex, age, national origin, religious or political affiliation or opinion, disability, marital status, sexual orientation, genetic information, gender identity or expression, or any other status protected by law.

AMERICANS WITH DISABILITIES – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Publication Changes & Cancellations

Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Senior Center that has scheduled the program.

Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

Mount Airy Casino, Mt. Pocono, PA

Tuesday, May 21- Wednesday, May 22, 2019

Cost includes Motown show beginning at 3:30 p.m., overnight lodging, and \$40 slot play, and one dinner. Meals during travel are on your own. Departing at 7:30 a.m. Tuesday, May 21 from Clark Senior Center, returning Wednesday evening, May 22, 2019. Per person cost is \$315 (Single), \$235 (Double), and \$235 (Triple). Balance due now.

Lake George, New York Elvis Festival

Thursday, May 30 - Sunday, June 2, 2019

Cost includes motor coach transportation, three nights' accommodations, breakfasts with Elvis, dinners, cocktail receptions, drink tickets, Lake George Village, wine tasting, olive oil sampling, Elvis Tribute performance, Elvis Classic Car Parade, Blue Suede Shoes Fashion Show, Jailhouse Rock Party, Elvis Music Gospel Celebration, Onsite "Elvis" Host and Tour Coordinator, one piece baggage handling, taxes, gratuities, and snacks. Lunch during travel is on your own. Departing at 7 a.m. on Thursday, May 30 from Clark Senior Center, returning Sunday evening, Jun. 2, 2019. Per person cost is \$1,240 (Single), \$1060 (Double), \$975 (Triple), and \$950 (Quad). Payment in full due now.

Michigan Tour

Saturday, Jun. 8 - Saturday, Jun. 15, 2019

Tour cities and sites in and around Detroit, Charlevoix, Mackinac City and more. Tour includes seven nights lodging, 16 meals, admissions, tours, Mackinac Island Ferry and carriage tour, guided tour of small portion of Upper Peninsula, luggage handling, gratuities, and snacks. Departing at 5 a.m. Saturday, Jun. 8 from Clark Senior Center, returning Saturday night, Jun.15, 2019. Per person cost is \$1,900 (single), \$1,550 (double), \$1,480 (triple), and \$1,450 (quad). A \$200 deposit is due now, final balance due May 30, 2019.



Vermont in July

Sunday, Jul. 21 - Saturday, Jul. 27, 2019

Tours of West Point, NY, several museums, historical sites and estates, King Arthur Flour or a Beer Clinic, Ben and Jerry's, Trapp Family Lodge lunch and tour, a Stowe Kitchen Experience, Vermont Teddy Bear Factory, Lake Champlain cruise, Cold Hollow, UVM Morgan Horse Farm, Green Mountain Railroad Dinner Train, a Moose Safari. Five days in Vermont, luggage handling, gratuities, and snacks. Departing at 8 a.m. Sunday, July 21, from the Clark Senior Center, returning Saturday evening, Jul. 27, 2019. Per person cost is \$2,775 (single), \$2,200 (double), and \$2,000 (triple). \$200 deposit is due now, final balance due May 15, 2019.



Panama Canal

Wednesday, Nov. 6 - Saturday, Nov. 16, 2019

Cruise to the Panama Canal, spend 11 days and 10 nights on the Island Princess. Depart Ft. Lauderdale, cruise to the Grand Cayman Island, Colombia, Panama, Costa Rica, and Jamaica. Per person double occupancy prices range from \$2,484 to \$3,084 and include roundtrip airfare from Baltimore, cruise, and all fees. Deposit \$470 pp double or \$940 pp single. Final balance is due by July 8, 2019.

For all above trips: Make checks payable to Senior Services of Charles County, Inc. Mail payment to Suzanne Carr, 12944 Waldorf Forest Rd., Waldorf, MD 20601. For reservations or more information, please contact Suzanne Carr at 301-645-5203. Additional trip insurance may be available upon request.